

Allergic Rhinitis Treatment Options

The symptoms of allergic rhinitis include nasal congestion, a runny nose, sneezing, and itching. Although these symptoms may occur at anytime, some individuals may experience symptoms during specific seasons of the year. Symptoms may also only occur in response to certain allergens in the air, such as dust mites, mold, animal allergens, and pollen. Skin testing is often used by allergy specialists to determine the level of susceptibility to experiencing reactions produced by the protein immunoglobulin E.

If the cause of allergic reactions tends to be allergens such as pollen that occur outdoors, it is advised that time spent outdoors should be minimized during times of year when pollen levels are high. Additionally, allergens that commonly exist indoors can be minimized to reduce symptoms. A high efficiency particulate air (HEPA) filter can be used to help minimize the presence of certain indoor allergens. Intranasal antihistamines, such as azelastine (*Astelin, Astepro*) and olopatadine (*Patanase*), are often the first choice of medication for symptoms of allergic rhinitis. Intranasal corticosteroids, such as fluticasone (*Flonase*) also may be prescribed. Certain types of oral antihistamines, such as fexofenadine (*Allegra*) and cetirizine (*Zyrtec*) may be recommended because they do not cause drowsiness.